# Yoga Calm<sup>®</sup> for Children Class

## **Mondays** Jan. 26 - Mar. 16 April 6 - June 1

5:00 - 6:00 pm (ages 7 - 12)

### Class Location

100 SW 1st St Anytown, US 97219

## \$120 for eight-week session

Register: 503.123.1234

Class info: www.yogafun.com

"Yoga has helped my attitude. I never used to talk about my feelings, and now I do." -11-year old student

"Yoga Calm strengthened my students physically and emotionally, by moving them from angry and uncertain, to calm and confident."

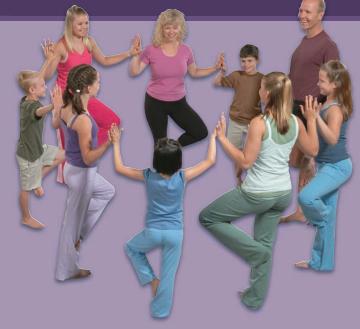
-Carla Austin, Special Education Teacher

"My child is sleeping so much better after his Yoga Calm class."

-Parent

"Yoga keeps me in control. It makes me a better athlete and helps me concentrate. It calms me own."

-9-year old student



#### Yoga Calm for Children Class

with Your Name, MS, Certified Yoga Calm Instructor

- Simple breathing techniques to slow down the nervous system, develop self-
- Counseling games and process that develop patience, mindfullness, compassion, leadership, and other social/emotional skills
- Relaxation techniques and storytelling to calm the body and mind, and integrate

and well-being. Contact us about suitability for your child.



#### Your Name, MS, is a Certified Yoga Calm Instructor.

She is also a school counselor in Anytown, US. She has had 10 years